

Take The Pledge!"

A 5-Week Course To Check Your Food Habits and Set New Goals!

- Fat...the cancer & heart disease link
- Food and Fun
- Taste Tests
- Fiber Boosters

Pot Luck Party!

Jan. 27, Feb. 3, 10, 17 & 24 in the Day Care Room of the

Farmington Family YMCA (main building) 28100 Farmington Road • Farmington Hills

7:00-8:30 p.m.

to register, call Mandi Skeegan

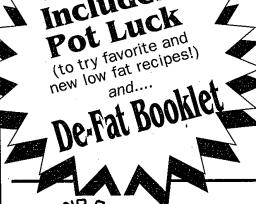
248-553-1934

and "TAKE THE PLEDGE!"

Sponsored by:

Farmington Family YMCA Oakland County Health Division Healthy People/Healthy Oakland Coalition Funded by: Michigan Public Health Institute





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